

Please print and post this page at workplaces where information for smoker's who want to quit can be accessed.

Try-To-STOP TOBACCO

RESOURCE CENTER OF MASSACHUSETTS

When it's time to quit smoking, our free services can help you:

Give Us a Call

Dial toll-free 1-800-Try-To-STOP (1-800-879-8678), and a trained quit expert will talk with you about your smoking and tell you about our free and confidential services:

- Free stop-smoking counseling by telephone at times you choose.
- Free information sent by mail.
- Toll-free Quit Tips line to call 24 hours a day.
- Referral to stop-smoking programs in your community.

Once you quit, you'll look better, feel healthier and breathe easier.

Find Us Online

Go to www.trytostop.org for information and support. Join our online community where, every day, people just like you are helping each other quit.

- Use our free Quit Wizard program to create your action plan.
- Ask a question about quitting and get a personal answer.
- Read former smokers' success stories.
- Sign up for weekly email messages to help you stay on track.

You can rely on www.trytostop.org whenever you need it.

Ask about QuitWorks

The next time you see your doctor, ask about new stop-smoking medicines to help you quit. You'll be able to sign up for the free QuitWorks program, too.

- QuitWorks will call you at a convenient time to offer free counseling and other services.
- We'll keep your doctor in the loop on which services you decided to use.
- We'll call back to see how you're doing.
- With the support of your doctor and QuitWorks, you could be a nonsmoker soon!

Quitting can be hard, but we can help make it easier!

Spanish
1-800-8-DÉJALO (1-800-833-5256)

Deaf/Hard of Hearing
1-800-TDD-1477 (1-800-833-1477)

Recorded Quit Tips in English & Spanish
800-9-GET-A-TIP (1-800-943-8284)

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